

Fill up on Fibre

All dietary fibre comes from plant foods and can be classified into **soluble fibre** and **insoluble fibre**. Both types of fibre are beneficial to the body.

FUNCTIONS OF FIBRE

Soluble fibre

- Improves blood sugar levels
- Lowers blood cholesterol as part of a low saturated fat diet
- Helps in weight control as it provides a fuller feeling with meals

Insoluble fibre

- Promotes regular bowel movements
- Prevents:
 - Constipation
 - Diverticulosis
 - Haemorrhoids
 - Some cancers

SOURCES OF FIBRE

Cereals and grains

Low fibre (< 1g/serve)	Moderate (1-4g/serve)	High fibre (>4g/serve)
<ul style="list-style-type: none"> • White pasta (1 cup) • Breakfast cereals (Cornflakes, Rice bubbles, Special K, Nutrigrain, Cocopops, Froot Loops, Frosties, ¾ cup) 	<ul style="list-style-type: none"> • Barley (½ cup) • White rice (½ cup) • Egg noodles (1 cup) • Macaroni (1 cup) • Breakfast cereals (Just Right, ¾ cup Weet Bix, 2 biscuits) • Rolled oats, raw (½ cup) • Toasted muesli (½ cup) 	<ul style="list-style-type: none"> • Brown rice (½ cup) • Wholewheat pasta (1 cup) • Breakfast cereals (All Bran, Bran flakes, Swiss museli, ½ cup) • Oat bran (¼ cup) • Oatmeal (¾ cup)

Bread and biscuits

Low fibre (< 1g/serve)	Moderate (1-4g/serve)	High fibre (>4g/serve)
<ul style="list-style-type: none"> • White bread (2 slices) • Croissant (1 medium) • Sponge cake (1 slice) • Plain sweet biscuits (2 pieces) • Plain crackers (3 pieces) 	<ul style="list-style-type: none"> • High fibre white bread (2 slices) • Wholemeal bread (2 slices) • High fiber wheat cracker (3 pieces) 	<ul style="list-style-type: none"> • Multigrain bread (2 slices) • Wheat bran bread (2 slices)

Fruits

Low fibre (< 1g/serve)	Moderate (1-4g/serve)	High fibre (>4g/serve)
<ul style="list-style-type: none"> • Canned fruits (¾ cup) • Cantaloupe (1 wedge) • Cherries (½ cup) • Fruit juices (1 cup) • Grapefruit (½ average) • Grapes (10 pieces) • Pineapple (½ cup diced) • Raisins (1 tbsp) • Sultanas (1 tbsp) • Watermelon (1 wedge) 	<ul style="list-style-type: none"> • Avocado (½ whole) • Banana (1 medium) • Coconut dried (1 tbsp) • Cranberries (¼ cup) • Dates, pitted (2 pieces) • Fresh fig (1 piece) • Fresh peach (1 medium) • Fresh plums (2 small) • Honeydew melon (1 wedge) • Kiwi fruits, peeled (2 small) • Mango (1 medium) • Orange (1 medium) • Papaya (1 wedge) • Prune juice (1 cup) • Strawberries (1 cup) 	<ul style="list-style-type: none"> • Apple with skin (1 medium) • Blackberries (½ cup) • Dried apricots (3) • Dried figs (3) • Pear with skin (1 medium) • Prunes pitted (3) • Raspberries (½ cup)

Vegetables & Legumes

Low fibre (< 1g/serve)	Moderate (1-4g/serve)	High fibre (>4g/serve)
<ul style="list-style-type: none"> • Capsicum (½ cup) • Cucumber (10 thin slices) • Lettuce (1 cup) • Onions (1 tbsp) • Parsley (1 tbsp) • Popcorn (1 cup) • Radish (½ cup) 	<ul style="list-style-type: none"> • Asparagus (1 cup) • Bean sprouts (½ cup) • Beetroot (½ cup, sliced) • Broad beans • Cabbage, cooked • Carrot (½ cup) • Cauliflower (1 cup) • Celery (½ cup) • Green beans (½ cup) • Lady's fingers (½ cup) • Mushroom (5 small) • Parsnip (1 small) • Tomato (1 small) • Turnip (½ cup) • Watercress, cooked • Zucchini (½ cup) 	<ul style="list-style-type: none"> • Baked beans (1 cup) • Black beans (1 cup) • Broccoli (¾ cup) • Chick peas (½ cup) • Corn (1 medium ear) • Corn kernels (½ cup) • Green peas (½ cup) • Kidney beans (½ cup) • Lentils (¾ cup) • Potato with skin (1 medium) • Spinach, cooked (½ cup) • Split peas (¾ cup) • Sweet potato (1 small) • Yam (1 medium)

HOW MUCH FIBRE DO YOU NEED?

Current recommendations suggest that **adults** consume **20 to 35 grams** of dietary fibre per day. **Children over age 2** should consume an amount equal to or greater than their **age plus 5 grams** per day.

Please contact Call-A-Dietitian Hotline 983 22 983 if you have any further nutrition-related queries.

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